

# San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

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Generated on: 2/8/2021 11:37:25 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/01/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		335	521	*28	*18.15	51.82	*6.87
% of Calories				*34.0%	*21.7%	61.9%	*18.5%
Nutrient Guideline		550-650	1230				

Tue - 03/02/2021							
ECE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		604	1172	*29	*35.74	81.30	*16.38
% of Calories				*19.2%	*23.7%	53.9%	*24.4%
Nutrient Guideline		550-650	1230				

Wed - 03/03/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	4	20.0	34.0	17.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		605	875	*31	*37.30	81.06	*16.51
% of Calories				*20.7%	*24.6%	53.6%	*24.6%
Nutrient Guideline		550-650	1230				

Thu - 03/04/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		616	736	*31	*31.45	76.56	*22.56
% of Calories				*20.3%	*20.4%	49.7%	*33.0%
Nutrient Guideline		550-650	1230				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/05/2021							
ECE LUNCH	Total						
PM CHIKN PATTY MELT SANDWH,	1 EACH	440	1060	6	25.0	44.0	19.5
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		623	1139	*31	*36.41	76.53	*21.11
% of Calories				*19.8%	*23.4%	49.1%	*30.5%
Nutrient Guideline		550-650	1230				

Mon - 03/08/2021							
ECE LUNCH	Total						
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		509	667	*27	*27.81	68.83	*15.70
% of Calories				*21.6%	*21.9%	54.1%	*27.8%
Nutrient Guideline		550-650	1230				

Tue - 03/09/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
JUICE, STRAWBRY KIWI (suncup)	1 EACH	60	*N/A*	12	*N/A*	14.0	*N/A*
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		567	*823	*32	*33.30	70.38	*17.32
% of Calories				*22.6%	*23.5%	49.6%	*27.5%
Nutrient Guideline		550-650	1230				

Wed - 03/10/2021							
ECE LUNCH	Total						
PM TACO BEEF ,CHIPS,CH CUP	SVG	626	1006	13	36.18	60.87	28.02
CS TORTILLA CHIPS & CHS	(CHIP & CHS)	520	880	10	21.0	53.0	25.0
PKD SALSA,CAN,COMMODITY	1/4 CUP	22	69	*N/A*	0.93	4.33	0.12
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		848	1237	*37	*46.68	102.05	*30.44
% of Calories				*17.6%	*22.0%	48.1%	*32.3%
Nutrient Guideline		550-650	1230				

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# San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

## Base Menu Spreadsheet

ECE LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/11/2021							
ECE LUNCH	Total						
TURKEY HAM & CHEESE SANDWICH	1 EACH	307	953	6	24.0	32.67	10.0
CS CHEESE SANDWICH	1 SANDWICH	320	900	8	20.0	36.0	12.0
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		515	1244	*32	*36.05	67.29	*13.16
% of Calories				*25.2%	*28.0%	52.3%	*23.0%
Nutrient Guideline		550-650	1230				

Fri - 03/12/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		423	521	*29	*23.40	67.32	*7.62
% of Calories				*27.4%	*22.1%	63.7%	*16.2%
Nutrient Guideline		550-650	1230				

Mon - 03/15/2021							
ECE LUNCH	Total						
PM CHEESEBURGER (AD PIERRE)	1 EACH	370	435	5	20.0	31.0	18.5
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		567	765	*31	*32.55	64.62	*20.87
% of Calories				*21.8%	*23.0%	45.6%	*33.1%
Nutrient Guideline		550-650	1230				

Tue - 03/16/2021							
ECE LUNCH	Total						
PM CHICKEN DRUMSTICK & ROLL	SVG (1 DM&1 R	300	660	2	21.0	21.0	14.0
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		566	824	*30	*34.15	71.33	*17.59
% of Calories				*21.2%	*24.1%	50.4%	*28.0%
Nutrient Guideline		550-650	1230				

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Mar 1, 2021 thru Apr 2, 2021

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/17/2021							
ECE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		584	1194	*27	*39.12	74.95	*15.74
% of Calories				*18.6%	*26.8%	51.3%	*24.2%
Nutrient Guideline		550-650	1230				

Thu - 03/18/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM ENCHILADAS,CHEESE	PORTION	345	544	2	17.04	30.83	12.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		602	882	*31	*36.71	80.42	*15.51
% of Calories				*20.6%	*24.4%	53.4%	*23.2%
Nutrient Guideline		550-650	1230				

Fri - 03/19/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		616	736	*31	*31.45	76.56	*22.56
% of Calories				*20.3%	*20.4%	49.7%	*33.0%
Nutrient Guideline		550-650	1230				

Mon - 03/22/2021							
ECE LUNCH	Total						
PKD TERIYAKI BEEF NUG w/ROLL	SVG (4) + ROLL	80	130	2	2.0	15.0	1.0
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		335	521	*28	*18.15	51.82	*6.87
% of Calories				*34.0%	*21.7%	61.9%	*18.5%
Nutrient Guideline		550-650	1230				

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ECE LUNCH

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/23/2021							
ECE LUNCH	Total						
PM CHKN TACO W/SALSA	SVG (1 EACH)	387	1049	*0	28.27	41.75	12.44
PM MAC & CHEESE ,CHEEZ ITS	1 EACH	379	921	8	18.0	44.0	14.5
CARROTS, PKG	2.6 OZ PK	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		604	1172	*29	*35.74	81.30	*16.38
% of Calories				*19.2%	*23.7%	53.9%	*24.4%
Nutrient Guideline		550-650	1230				

Wed - 03/24/2021							
ECE LUNCH	Total						
PM PEPP PIZZA STUFFED SANDWICH	1 EACH	300	590	5	19.0	31.0	12.0
PM PIZZA, CHEESE (WILD MIKES)	SLICE	360	510	4	20.0	34.0	17.0
CS BEAN VARIETY	1/2 CUP	104	140	2	6.25	18.5	0.75
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		605	875	*31	*37.30	81.06	*16.51
% of Calories				*20.7%	*24.6%	53.6%	*24.6%
Nutrient Guideline		550-650	1230				

Thu - 03/25/2021							
ECE LUNCH	Total						
PM CHKN NUGTS&CRACKERS	SVG	360	570	1	18.0	30.0	19.0
CS SUNBTR SWICH, ST CHEESE	(SWICH & CH)	370	520	12	16.0	33.0	18.0
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		616	736	*31	*31.45	76.56	*22.56
% of Calories				*20.3%	*20.4%	49.7%	*33.0%
Nutrient Guideline		550-650	1230				

Fri - 03/26/2021							
ECE LUNCH	Total						
PM CHIKN PATTY MELT SANDWH,	1 EACH	440	1060	6	25.0	44.0	19.5
PM CHEESY BREADSTKS/MARINARA	2 EACH & 1/2C	360	600	*2	17.5	42.88	13.12
CS BROCCOLI RAW	1/2 CUP	10	10	1	1.06	1.8	0.12
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		623	1139	*31	*36.41	76.53	*21.11
% of Calories				*19.8%	*23.4%	49.1%	*30.5%
Nutrient Guideline		550-650	1230				

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ECE LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/29/2021							
ECE LUNCH	Total						
NACHO PRETZL PCKT	1 EACH	360	600	3	19.0	38.0	16.0
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		581	787	*28	*31.61	76.43	*18.90
% of Calories				*19.3%	*21.8%	52.6%	*29.3%
Nutrient Guideline		550-650	1230				

Tue - 03/30/2021							
ECE LUNCH	Total						
WG GRILL CHEESE IW	1 EACH	280	581	6	18.55	30.96	9.91
CS CORN, CND	1/2 CUP	65	15	3	2.0	15.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		535	757	*34	*32.40	76.92	*13.67
% of Calories				*25.2%	*24.2%	57.5%	*23.0%
Nutrient Guideline		550-650	1230				

Wed - 03/31/2021							
ECE LUNCH	Total						
PM BEAN BURRITO	1 EACH	380	500	3	16.0	46.0	15.0
CS GREEN BEANS,CND	1/2 CUP	16	140	1	1.0	3.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		585	801	*29	*28.85	79.95	*17.76
% of Calories				*19.9%	*19.7%	54.6%	*27.3%
Nutrient Guideline		550-650	1230				

Thu - 04/01/2021							
ECE LUNCH	Total						
PM TWIN CHEESE SLIDERS	pkg	327	578	4	18.53	29.34	16.52
CARROTS, PKG	2.6 OZ PK 1/2C	32	26	*N/A*	0.76	7.47	0.14
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	59	1	*10	*0.85	14.95	*0.26
MILK, PLAIN 1% (PRODUCERS)	1 CARTON	130	160	15	11.0	16.0	2.5
Weighted Daily Average		548	765	*29	*31.14	67.77	*19.42
% of Calories				*21.1%	*22.7%	49.4%	*31.9%
Nutrient Guideline		550-650	1230				

Weighted Average		567	*870	*30 *48.3%	*32.64 *23.0%	74.14 52.3%	*17.22 *27.3%
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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# San Juan Unified School District

Mar 1, 2021 thru Apr 2, 2021

Base Menu Spreadsheet

ECE LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Sugars (g) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	567		550 - 650	100%					
Sodium 1 (mg)	870		1230		Missing				
Sodium 2 (mg)	870		935		Missing				
Sugars (g)	30	21.44%			Missing				
Protein (g)	32.64	23.02%			Missing				
Carbohydrate (g)	74.14	52.28%							
Total Fat (g)	17.22	27.32%			Missing				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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